WAIT, IS KRISTEN STEWART GAY?

HER MOM OUTS HER, THEN BACKTRACKS. PAGE 12

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Wage wars. Fast-food workers finally got to officially make their case for a $15-an-hour minimum wage when the Fast Food Wage Board convened Monday. Some say the change to their pay would be the difference that could save them from poverty. PAGE 02

A rally was held at Judson Church to support the $15 fast-food minimum wage. / BESS ADLER, METRO

Jeb Bush makes White House bid

PAGE 09

What's too much salt? Verdict is still out

PAGE 18

American women face Nigeria at World Cup

PAGE 21

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1 NEWS

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Fast-food workers go on the record for $15 wage

Wages. "Fight for 15" workers get to put their stories on the record after years of protest.

A rally was held at Judson Church to support the $15 fast-food minimum wage. / BESS ADLER

After more than two and a half years of strikes and rallies, hundreds of fast-food and other minimum-wage workers were able to put their hardships on the record when the Fast Food Wage Board convened in New York City.

This was the second meeting of the wage board, which was empaneled in May at Gov. Andrew Cuomo's request after workers asked for a $15 minimum wage and the right to unionize.

The board has two more public meetings to hear testimony through the end of June. After that, the board is expected to issue recommendations within three months. The minimum wage raise would not require legislative approval.

"I just never thought I'd live to see the day that this would happen," said Jorel Ware, a 31-year-old McDonald's worker very involved in the Fight for 15 movement, and whom Metro readers first met last December.

"I work for a billion-dollar company, and it seems like I get deeper and deeper into poverty. Sometimes I sit on my step. … What is my purpose here? I'm out of answers," Ware said.

Ware said after his three minutes of testimony that he felt "wonderful" and just "spoke from the top of his head."

"You can't practice pain," Ware added.

Many of the fast-food workers testified about sharing cramped apartments with numerous other family members and still not being able to afford their rent, and having to choose between taking care of sick family members and clocking in. Many believed $15 an hour would restore their "dignity."

In written testimony submitted to the wage board, Mayor Bill de Blasio "urge[d] the wage board to grant fast-food workers the right of a living wage" and said raising the minimum wage is the surest way to combat income inequality.

City Comptroller Scott Stringer rallied with fast-food workers and other elected officials at Judson Church ahead of the hearing. A report released by Stringer's office on Sunday found a $15 minimum wage would benefit about 180,000 workers in New York City and increase wages by $1.5 billion a year.

Two franchise owners testified that the wage increase would hurt their businesses.

Former Mayor Michael Bloomberg told Metro earlier this year that he has "always thought that raising the minimum wage is not an intelligent policy" although it is "good politics" to support the increase.

Seattle and San Francisco have recently moved to raise their minimum wage to $15 an hour. On Saturday, Los Angeles Mayor Eric Garcetti signed a bill that will increase the minimum wage to $15 over the next five years.

New York state's minimum wage is $8.75 and set to raise to $9 by the end of the year.

Quoted

"I work for a billion-dollar company, and it seems like I get deeper and deeper into poverty. Sometimes I sit on my step. … What is my purpose here? I'm out of answers."

Jorel Ware, McDonald's worker

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Discharged. No jail time for NYPD's ticket-fixing cop

Manzi / PROVIDED

A former NYPD police officer who admitted his involvement in a widespread ticket-fixing scheme will not serve jail time or community service, according to the Bronx DA's office.

Christopher Manzi, 45, was previously charged in a 158-count indictment on multiple counts of grand larceny, official misconduct, obstruction of governmental administration, conspiracy and criminal solicitation.

Manzi, a former Patrolmen's Benevolent Association delegate who retired from the NYPD in 2013, was granted a conditional discharge by the judge and will not serve jail time. The Bronx DA's office said they had asked that Manzi serve 1,500 hours of community service.

The scandal was uncovered after a 2008 wiretap exposed former NYPD officer Jose Ramos and an extensive pattern of fixing moving violations and summonses by PBA officials and delegates for family and friends.

Ramos was sentenced to up to 23 1/2 years in prison in January after pleading guilty to insurance fraud, ticket fixing, and planning to hire a hit man to take out a witness. **WENDY JOAN BIDDLECOMBE**

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Wanted

Police hunt for two men wanted for Central Park mugging

The NYPD is hunting for two men wanted in connection to a mugging in Central Park earlier this month.

The men, believed to be in their late teens or 20s, are accused of approaching a 28-year-old man from behind and pushing him over a railing, near East and Cross drives.

The suspects allegedly punched the victim and stole $30 from him before fleeing. The suspects were caught on video meeting up after fleeing the park. METRO

The suspects / NYPD

NYPDNEWS

Cop helps kitten

Police Officer John Passarella, 27, saved a stray cat, and helped the kitten find a loving home. He was one of the officers from Brooklyn's 60th precinct rescued the tiny cat from the engine of a minivan. Another police officer adopted the kitten for her son, naming it "Pazzy" after his hero.

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Dating app makes typo blunder on Flag Day

Unfortunate. The app sent out an e-mail that said 'Happy F— Day!'

Members of the dating app Coffee Meets Bagel were met with an unfortunate typo on Sunday, which implored users to celebrate Flag Day, but dropped the "L" in Flag.

The major faux pas came at a rather inappropriate time with Brooklyn, Boston, and Washington, D.C. all celebrating gay pride.

Twitter users were quick to jump on the mistake.

Of course, "Coffee Meets Bagel" came back with multiple apologies:

As well as taking to Twitter, Coffee Meets Bagel sent out an e-mail to all of their members, which reads, in part:

"I would like to apologize wholeheartedly for the message you received this afternoon. The misspelling of Flag Day was a mistake and a complete oversight. We're updating our process to ensure something like this does not happen again.

Coffee Meets Bagel, as a company and as individual employees, celebrates the LGBTQ community and would never use such a word."

"Coffee Meets Bagel" claims to be "the only dating app that women love!"

CAILIN FERRIS
@MetroNEwYork
letters@metro.us

Cough. Summer colds on the rise as New York's weather shifts

From cold rains to 90 degrees in less than two weeks, the 2015 summer season is already sending New Yorkers — and their immune systems — into a frenzy.

Summer colds are a nasty side effect of the season, but with extreme variations of weather they only seem to be getting worse.

"It's unusual how the weather is going from hot to cold, up to down," said New Yorker Billy Vega as he walked under rainy skies in the Financial District on Monday. Although Vega isn't fazed by the rapid changes, he's surrounded by people who are.

"I hear other people say, 'Oh, my God, it was sunny. Now it's rainy!' And they don't know what to do," said Vega.

While the weather itself doesn't cause colds, being dressed for the wrong temperature makes your immune system more susceptible to catching a bug. Wearing shorts outside thinking it'll be hot and humid only for the weather to suddenly turn cold and rainy puts your body at risk.

"I first got a cold when that huge dramatic shift in the weather happened," said pedestrian Aslan Rolston, referring to the cold rain New Yorkers experienced two weeks ago. "I still have a cough, sore throat and congestion. It's intense."

New Yorkers may have to wait for relief as summer showers continue on throughout the week. For Rolston and her running nose, this is unwelcome news.

"Summer colds are interesting," said Rolston. "They're awful."

YALDA MOSTAJERAN

Treatment

Everyday Health's advice for treating summer colds:

- Stay indoors and rest. It's hard to resist the summer sunshine but the more you sleep the quicker you'll get better.
- Drink plenty of fluids of the non-mimosa variety.
- Wash your hands often and keep some hand sanitizer with you. The subway is a summer cold's germ-spawning dream.
- Treat the symptoms. There is no cure for the common cold but you can alleviate your sore throat and stuffy nose by using the appropriate lozenges and decongestants.

New Yorkers try to handle the rain Monday. / HANNAH MATTIX

Lefferts Gardens

Five injured in Brooklyn bar fight that ended with shooting Monday morning

A bar fight turned bloody early Monday morning when a man opened fire on four patrons and slashed another at a Prospects-Lefferts Garden drinking hole.

Police said they responded to reports of a brawl outside of the D Avenue Sports Bar in Prospect-Lefferts Gardens, between 2 and 3 a.m. They arrived to find several patrons suffering gunshot wounds.

The fight apparently started between two groups at the bar, police said.

A bouncer tried to break it up, only to have his head slashed with a broken bottle, police said. He was treated for minor injuries.

The groups went outside, where one man pulled out a gun and shot four members of the other group.

Two 30-year-olds were shot: one in the neck and the other in the thigh.

A 24-year-old and 34-year-old both were shot in their arms.

The men are being treated at Kings County Hospital.

None of them were in critical condition.

Police reported that no one was immediately arrested. YALDA MOSTAJERAN

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Accused accomplice in NY prison break appears in court

Court. She has pleaded not guilty. If convicted, she faces up to eight years in prison.

Joyce Mitchell appears with her lawyer Stephen Johnston in Plattsburgh City Court in Plattsburgh, New York. / GETTY IMAGES

A female prison employee accused of helping two convicted killers stage a brazen escape appeared in court in upstate New York on Monday, under heavy protection and clad in apparent body armor and prison stripes.

Joyce Mitchell, 51, is charged with providing chisels and hacksaws to Richard Matt and David Sweat, who escaped from Clinton Correctional Facility in Dannemora, New York.

The pair remained at large for a 10th day as more than 800 law enforcement officers combed dense woodlands near the prison, about 20 miles south of the Canadian border.

Sweat, 35, and Matt, 48, were discovered missing from their adjoining cells at 5:30 a.m. on June 6.

Their elaborate escape involved cutting through a steel wall and slithering through a steam pipe before emerging from a manhole on the street outside the prison's walls.

Mitchell, who is accused of promoting prison contraband and criminal facilitation, appeared in Plattsburgh City Court, where a new attorney, Stephen Johnston, took over her case.

Her previous attorney, Keith Bruno, resigned, citing a conflict.

Mitchell, wearing a black-and-white prison uniform and what appeared to be body armor, was shackled at her ankles and waist.

Appearing downcast, she said "yes" in a soft voice when Judge Mark Rogers asked if she understood the proceedings.

Her case was moved to the Clinton County court system. **REUTERS**

Cost for search

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The intense manhunt is costing about $1 million per day, Clinton County District Attorney Andrew Wylie told reporters.

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Five things you need to know

1 Sex, lies and debt potentially exposed by hack

When a retired 51-year-old military man disclosed in a U.S. security clearance application that he had a 20-year affair with his former college roommate's wife, it was supposed to remain a secret between him and the government.

The disclosure last week that hackers had penetrated a database containing such intimate and possibly damaging facts about millions of government and private employees has shaken Washington.

A military man's affair, divulged when he got a job with a defense contractor and applied to upgrade his clearance, is just one example of the extensive potential for disruption, embarrassment and even blackmail arising from the hacking.

The man had kept the affair secret from his wife for two decades before disclosing it on the government's innocuously named Standard Form 86 (SF 86), filled out by millions of Americans seeking security clearances.

His case is described in a judge's ruling, published on the Pentagon website, that he should keep his security clearance because he told the government about the affair. His name is not given in the administrative judge's decision.

The disclosure that data had been hacked sent shivers down the spines of current and former U.S. government officials as they realized their secrets about sex, drugs and money could be in the hands of a foreign government. REUTERS

2 Two Catholic bishops resign in child sex abuse scandal

Pope Francis on Monday accepted the resignation of two U.S. bishops, 10 days after a Minnesota prosecutor filed criminal charges against their diocese for failing to protect children from a sexually abusive priest.

Archbishop John Nienstedt of Saint Paul and Minneapolis and one of his deputies, Auxiliary Bishop Lee Piche, resigned over their links to Curtis Wehmeyer.

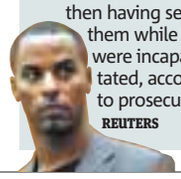
Wehmeyer, who has been dismissed from the priesthood, is serving a five-year prison sentence after pleading guilty in 2012 to criminal sexual conduct with two minors and possessing child pornography. REUTERS

3 Former NFL star Sharper pleads guilty to rape

Former NFL star Darren Sharper pleaded guilty to drugging and raping three women in New Orleans, the final step in a series of deals with prosecutors in federal court and four states.

Sharper, a 14-year NFL veteran who retired in 2010, pleaded guilty in Orleans Parish Criminal District Court to two charges of forcible rape and one of simple rape in 2013.

The 39-year-old Sharper admitted to distributing controlled substances to women and then having sex with them while they were incapacitated, according to prosecutors. REUTERS



4 Girl dies after falling unconscious on roller coaster

A 10-year-old girl who became unconscious while riding a roller coaster at the Six Flags Magic Mountain amusement park north of Los Angeles on Friday has died, the county coroner's office said on Monday.

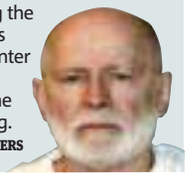
No autopsy had yet been performed on the body of the youngster, Jasmine Martinez, and it was not known whether the ride had anything to do with how she died, said Ed Winter, assistant chief medical examiner for Los Angeles County.

It also remained to be determined whether the girl had a pre-existing health condition that might have been a factor. REUTERS

5 Court to hear 'Whitey' Bulger's appeal

Former mobster James "Whitey" Bulger will get a chance next month to argue against a 2013 jury verdict that found him guilty of committing or ordering the murders of 11 people while he ruled Boston's underworld in the 1970s and '80s.

The U.S. Court of Appeals for the First Circuit said it would hear Bulger's case on July 27 in the same waterfront courthouse where a jury heard descriptions of what U.S. District Judge Denise Casper called the "unfathomable" crimes he committed while running the city's "Winter Hill" crime gang. REUTERS



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Threat. Russia says it will retaliate if US puts weapons on its borders

A plan by Washington to station tanks and heavy weapons in NATO states on Russia's border would be the most aggressive U.S. act since the Cold War, and Moscow would retaliate by beefing up its own forces, a Russian defense official said on Monday.

The United States is offering to store military equipment on allies' territory in eastern Europe, a proposal aimed at reassuring governments worried that, after the conflict in Ukraine, they could be the Kremlin's next target.

Poland and the Baltic states, where officials say privately they have been frustrated that the NATO alliance has not taken more decisive steps to deter Russia, welcomed the decision by Washington to take the lead. **REUTERS**

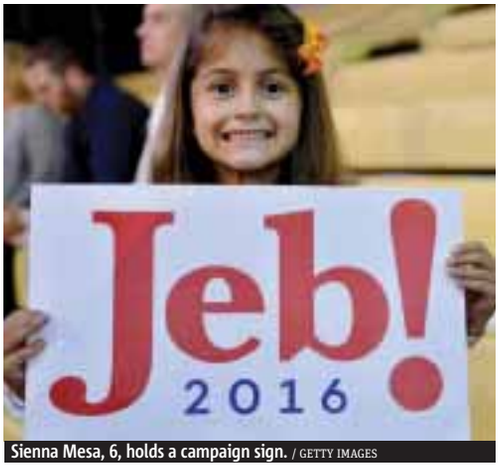
Little Rock

Armed man shot trying to enter Arkansas air base

An armed man trying to get into the Little Rock Air Force Base in Arkansas was shot at the gate on Monday and is in critical condition at an area hospital, base officials said.

The base was sent into lockdown for nearly three hours while authorities examined the car driven by the man. They believe he was acting alone but did not identify him. Authorities said he carried a rifle. **REUTERS**

Jeb Bush vows to fix DC as he starts run



Sienna Mesa, 6, holds a campaign sign. / GETTY IMAGES

Quoted

"I will campaign as I would serve: going everywhere, speaking to everyone, keeping my word, facing the issues without flinching and staying true to what I believe." Jeb Bush

Speech. Bush said he would make it a top priority to create as many as 19 million jobs.

Former Florida governor Jeb Bush began his U.S. presidential bid on Monday with a vow to fix a dysfunctional Washington and "get events in the world moving our way again."

In his speech he delivered in Miami to announce his candidacy, Republican Bush said, "I will take nothing and no one for granted. I will run with heart. I will run to win."

Son of one president and brother of another, Bush is searching for momentum to break out of a crowded field for the Republican presidential nomination to run in the November 2016 election.

Bush, 62, presented himself as an anti-Washington figure with a can-do spirit, ready to apply conservative principles that he says he used in Florida. Bush is only the latest candidate to paint himself as a Washington outsider and blame government for America's problems.

"We will take Washington — the static capital of this dynamic country — out of the business of causing problems. … We will get back on the side of free enterprise and free people," Bush said.

Bush made his announcement at Miami Dade College, a school whose multicultural student population was chosen to emphasize Bush's commitment to trying to expand the appeal of the white-dominated Republican Party. **REUTERS**

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Orange alert

Forget a gym: New student apartments are enticing coeds with free tanning beds. / ISTOCK

Hot topic. The latest threat facing college students is ... tanning beds?

Parents now have something else to worry about when sending their kids to college: unfettered access to tanning beds.

A new survey has found that up to half of apartment housing near the University of Texas at Austin and Texas A&M University offers free on-site indoor tanning, even to minors (which is illegal).

It's not just Texas, either: Another study found that half of the top 125 colleges ranked in U.S. News and World Report have free indoor tanning either on campus or in off-campus student housing.

Exposure to tanning beds before the age of 30 can increase the risk of melanoma by 75 percent.

"When students go to college, they are exposed to a plethora of risk behaviors," wrote Tufts University's Diana Bartenstein, who contributed to the new study. "We can now add indoor tanning to this list."

RAQUEL LANERI
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Is Harvard really discriminating against Asian applicants?

Affirmative action. An investigation reveals a broader agenda behind a recent lawsuit.

Harvard University has come under attack in court for allegedly limiting the number of Asian-American students it admits.

But a Reuters investigation reveals that the lawsuit brought in their name arose from a broader goal: to upend a nearly 40-year-old Supreme Court decision that has primarily helped blacks and Hispanics.

A civil rights group representing African-American and other minority students has recently filed papers seeking to enter the case, arguing they are the "real targets." They say that if the lawsuit succeeds, the consequences for blacks, Hispanics and Native Americans would be "catastrophic."

The lawsuit was not initiated by Asian-Americans. It names none in its 120 pages. Rather, it was started by a conservative advocate, Edward Blum, who, over the years, has enlisted white plaintiffs to challenge race-based policies.

Blum developed the case that two years ago led to a Supreme Court decision narrowing the Voting Rights Act of 1965. Last week, the justices accepted another voting-related case he started that could shift voting power from urban, Hispanic districts to rural, whiter areas in Texas.

Blum launched the Harvard case after a prior high-profile effort to overturn university racial preferences foundered. For the earlier case, he had encouraged the daughter of a friend, Abigail Fisher, to sue the University of Texas for allegedly discriminating against her under a diversity policy that favored blacks and Hispanics with lower scores. The Supreme Court rejected the argument in 2013, but an appeal is pending.

Blum claims to be in favor of race-blind admissions and is not trying to exclude any specific group: "The agenda for this organization and, I believe, the sentiment and will of the American people, is to eliminate the use of racial classifications in admissions." **REUTERS**

The percentage of Asian-Americans admitted to Harvard has actually risen since 2005. / ISTOCK

Really racist?

Admissions data shows that the percentage of Asian-American students admitted to Harvard University's 2015 entering undergraduate class rose to 21 percent, compared with 17.6 percent a decade ago. Asian-Americans make up just 4.8 percent of the U.S. population (14.7 million people), according to the 2010 census.

The percentage of blacks admitted to Harvard also rose compared with the class that entered in 2006, to 12.1 percent compared with 10.5 percent, as did the percentage of Latinos by a somewhat wider margin. The gains for these groups appear to have come at the expense of whites, whose percentage in the admitted classes shrank to about 51 percent from about 61 percent.

21 CULTURE

Twitter feed

Today, Emma Bunton is having a rough morning, Ed Sheeran is still in shock, Tom Daley is pleased, Anna Kendrick is a survivor and Mindy Kaling is full of ideas.

@EmmaBunton: This is not gonna be easy!!!

@edsheeran: Game of thrones. Nah. Nah.

@TomDaley1994: I am loving the weather in London recently! It has been so nice!

@AnnaKendrick47: "So mainly you talk?"

"AND drink. I've survived so far."
- Me IRL

@mindykaling: Cheap should be spelled cheep, it's cuter

1 Was Kristen Stewart outed by her mom?

STEWART WITH CARGILE

Well, this isn't very parental. Kristen Stewart's mom, Jules Stewart, allegedly gave an interview to Britain's Sunday Mirror flat-out confirming that the former "Twilight" star is dating her personal assistant, Alicia Cargile. "What's not to be accepting about her now having a girlfriend? She's happy," Jules says. "She's my daughter. I'm just her mom, so she knows I would accept her choices. I've met Kristen's new girlfriend. I like her. What's not to accept? She's a lovely girl." But after that went viral, she's doing damage control, saying she never said anything of the sort. Family drama! **NED EHRBAR**

THE WORD

Metro editors take on the world of gossip.

@metronewyork
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2 Mila Kunis' former friend drops chicken lawsuit

Does this look like a chicken kidnapper to you? / ALL PHOTOS GETTY IMAGES

It seems Mila Kunis' ex-friend Kristina Karo has, er, chickened out in going through with filing a $5,000 lawsuit against her, claiming Kunis stole her beloved chicken. Karo claims Kunis kidnapped her pet chicken named Doggie 25 years ago but tells TMZ that, due to a recent revelation in therapy, she has decided not to press charges after all: "I've learned to forgive in my heart the people who have wrong[ed] me, like Mila," she tells them. "There is only one judge, and that is God. I pray for her soul and the soul of Doggie, that he has found peace finally in chicken heaven." Good to know all chickens named Doggie go to heaven? **EMILY LAURENCE**

3 Jennifer Garner and Ben Affleck act like a normal, nondivorcing couple

Please employ your best Psych 101 tactics to determine whether or not these two look like they're getting divorced.

The epic saga of whether or not Jennifer Garner and Ben Affleck are splitting up continues onward. While various reports have the couple practically filing divorce papers — no, really, any second now, they're going to announce it — Affleck and Garner chose the revolutionary option of going to the farmers market with their kids this weekend, like pretty much every other upper-middle-class family does on June weekends. Radar Online quotes a source who is no doubt very close to both of those people in real life and not delusional at all as saying "their marriage has completely fallen apart." Somehow, they were able to soldier on to the farmers market, despite the secretly and invisibly shredded tatters of their marital bond (and having some very indiscreet friends and associates). **LISA WEIDENFELD**

Nonfiction. The comic just released a thoughtful and well-researched book on modern romance.

Three love lessons from comedian Aziz Ansari

Aziz Ansari's book "Modern Romance" is out today. / GETTY IMAGES

Fans who have closely followed former "Parks and Recreation" star Aziz Ansari's standup career have surely noticed that the comic has taken a serious turn in recent years. Gone are the cute stories about his cousins and the monologues on basic cable dramas. Instead, the 32-year-old NYU grad has been focused on deeper questions: What is love? Is there such a thing as a soulmate? And, most important of all, why hasn't he or she texted me back?

Co-written with sociology professor Eric Klinenberg, "Modern Romance" explores all of those questions and more in an extensively researched journey that took the pair around the world as they assessed different dating profiles and wacky online dating messages. (Note to all of the guys out there: First messages that say a simple "Yo" or "Hey" aren't well received.) We've rounded up the three top lessons we learned from Ansari's travels.

1 Too many choices really is overwhelming. Unlike a crowded bar, "online there are no lonely corners," the comedian writes. "Everywhere is filled with people looking to connect." Despite that, daters everywhere are constantly rejecting people. The comedian memorably sits down with a 20-something named Derek who, he notes, "isn't unattractive … but wouldn't necessarily turn heads at a party." Ansari then watches in horror as Derek swipes no on several attractive, interesting women who had messaged him online. "He didn't strike me as a stud," he adds, "but wow, when you watched him comb through those profiles, he had a stud mentality."

2 Remember the person on the other end is a person. Because so much of the modern search for romantic partners occurs on our phones, it's easy to forget you're talking to a person with feelings. Ansari is disturbed by how easy it is to completely dismiss someone — especially now that breaking up via text is so common.

LAKSHMI GANDHI
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lakshmi.gandhi@metro.us

And lastly

The quality of your dates is more important than quantity

Back when Ansari was single in New York a few years ago, he had something of a revelation when it came to his single status. He and his friends "were consistently choosing to meet as many people as possible instead of investing in a relationship." Because this method obviously wasn't working for him, he decided to revise his approach to looking for love.

"What I found was that a first date that was a six was usually an eight on a second date," he writes. "I knew the person better and we kept building a good rapport together." The lesson here? Maybe next time, give that nice guy or girl you met online a second chance. It could change the course of your love life.

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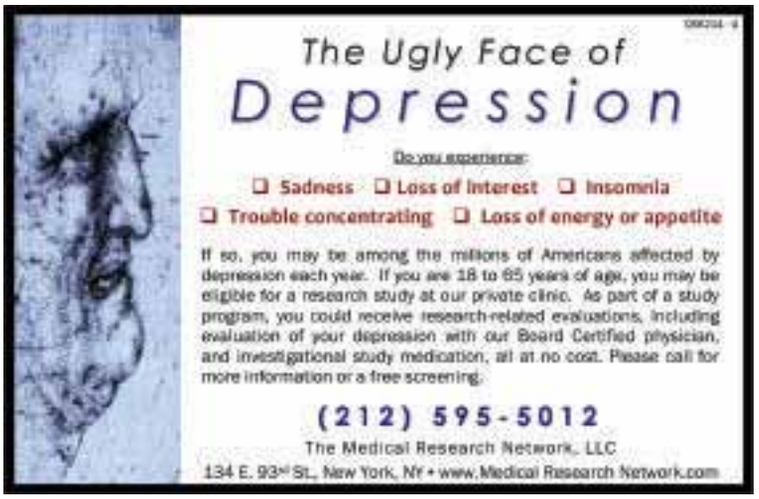
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Funny girls with Whitney Cummings

Film Festival. The comic curated a series of comedies boasting women.

First off, Whitney Cummings is just glad the film series she curated — The LOL Movie Series, run by LOFT and Rooftop Films — is outside. "It's how I wanted to see every movie as a kid: outside in the summer, in a tank top, on Tinder," the comedian, actor, writer and producer tells us. "I'm used to huddling up and watching movies on my laptop like a creep."

The theme is female-driven comedies, and they span eras and sizes. "Sixteen Candles" bows tonight (or Wednesday, if it rains) then later this month, "Frances Ha" and "Bridesmaids." Here are her thoughts on each:

'Sixteen Candles' (tonight)

Cummings says she wanted to start with a classic. "There's so much noise right now," Cummings says. "You've got Netflix, you've got HBO Go, you've got regular TV, you've got Hulu and Amazon and YouTube and Snapchat, if you're gross. It's almost as if to get anyone to engage on a visceral level, you have to say, 'Hey, here's this thing from your childhood!'"

The star of John Hughes' breakthrough, Molly Ringwald, isn't always the film's funniest character, but she's peerlessly believable as a regular teen.

"My philosophy of comedy is being authentic and being present. That's what she did. She wasn't forcing it. I think we all have a really deep, emotional connection to her. And she was awkward. I just loved it," she says. "It's almost funny to look at a woman whose face is real. It's like, wow, she can move her forehead. Remember when women could do that? It's refreshing to realize someone is being exactly who they are."

Molly Ringwald plays a teen whose parents forget her birthday in "Sixteen Candles." / PROVIDED

If you go

The LOL Movie Series: 'Sixteen Candles'

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WHITNEY CUMMINGS WILL PRESENT "SIXTEEN CANDLES" TONIGHT AT AN OUTDOOR SCREENING. / PROVIDED

'Frances Ha' (June 25)

Not only is Noah Baumbach's comedy — starring its co-writer, Greta Gerwig — small, it gets women. "These days 20-somethings in most movies are superheroes and Spider-Man. In '50 Shades of Grey,' they want to get choked and hung by rope. No, no one wants any of that," Cummings avers. "Girls in their 20s are just broke, and they want a guy to be nice to them and to have their friends not leave them. Very simple."

It's also a great showcase for Gerwig. "I really respect the way she's done her career, if that's even the proper word," she says. "She's not at every premiere or every party. She's not in every tabloid. She just does her thing, and we see her when we see her."

'Bridesmaids' (June 30)

It can't be stressed how unusual it was when a female-driven comedy got so much attention — in part because it's still rare. "I think it's starting to turn," Cummings says, though she adds, "I remember after 'Bridesmaids,' I had all these ideas for women-driven comedies, and everyone was like, 'Oh, no.' I was like, 'Do we need more proof that this works?'"

Part of its appeal is that it's not strictly female-targeted. "I remember when I watched 'Bridesmaids,' the most striking thing is there were guys in the theater laughing. It didn't transcend a female comedy; it was just a comedy."

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Is Jon Snow really dead?

Resurrections. Speculation is rampant that the popular "Game of Thrones" character might still come back from the dead.

"Game of Thrones" continued its commitment to killing off every character you like with the apparent demise of Jon Snow. While the death may be hard to believe, author George R.R. Martin and showrunners David Benioff and D.B. Weiss have always committed to the notion that the world of "Game of Thrones" is a brutal, heartless one where doing the right thing is likely to get you killed. However, this particular death seems to derail quite a few plot points in the show's universe. So did he really die? As critic Alan Sepinwall put it: "Everyone is predicting he'll be resurrected because it would be a terrible narrative choice to eliminate the only character of any relevance to the impending White Walker invasion."

IN THE SUREST SIGN OF HIS DEPARTURE, ENTERTAINMENT WEEKLY REPORTS KIT HARINGTON CUT HIS TRADEMARK LONG JON SNOW HAIR.
HELEN SLOAN, HBO

But what about the authorities? Weiss told Entertainment Weekly, "Dead is dead," before going on to say, "It should be pretty clear what happens by the time you're done seeing that scene." What about George R.R. Martin? He told EW a few months ago, "If there's one thing we know in 'A Song of Ice and Fire,' it's that death is not necessarily permanent." Fans don't seem to be accepting it, either — at least on Twitter:

Jon Snow will come back to life #notdead
-@LIZAMINOR

I believe in resurrection #JonSnow
-POLITPIRATIN

I will be very surprised if Jon Snow stays dead. #GameofThronesFinale
-@JGOR492

I don't watch GoT and even I know Jon Snow ain't dead. He just sleeping. He will wake up soon and eat everything in the fridge.
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A BRUTAL 'GoT' FINALE LEADS TO SHOCKING DEATHS

'Thrones' on the Web

WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more at **Winteriscoming.net.**

Jon Snow is dead! Or not. Hard to tell with this show. / HELEN SLOAN, HBO

An eventful, controversial year of "Game of Thrones" comes to an end with "Mother's Mercy," an eventful, sure-to-be-controversial finale.

Episode MVPs

After the first few episodes of Season 5 aired, some fans complained that the show was moving too slowly. That can't really be said of the last several episodes, which have frantically toppled the dominoes set up during the first half of the season.

"Mother's Mercy" pushed things into overdrive as several characters competed for the spotlight. Was the death of Stannis Baratheon, who's still alive and well in the novels, the highlight? How about Arya Stark's murder of her old enemy Meryn Trant, a scene that pushed the envelope for brutality? And what of Cersei Lannister's walk of atonement, a moment that paid off the character's series-long flirtation with hubris?

The obvious standout moment was the final scene, in which Jon Snow was killed by a group of disgruntled Night's Watchmen. On one level, the scene was shocking. Jon Snow, after all, is the closest thing the show has to a hero. On another level, it was only to be expected. "Game of Thrones" has been killing its lead characters since Season 1, when Ned Stark fell to an executioner's blade.

The show has made a lot of changes to its source material this year, but its willingness to play off our expectations in the service of making great TV has remained intact.

One more thing

Author's notes

Although fans routinely ask his opinion on the increasing number of changes made as "Game of Thrones" gets adapted from the page to the screen, George R.R. Martin recently reiterated that he "cannot control" anything the producers do and is instead focusing on completing "The Winds of Winter," the next book in his cycle of novels. Hopefully, the show's rapid pace will inspire him to get "Winds" out before Season 6 premieres.

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Three ways you're hurting yourself by not getting enough Z's.

MARIANNE HAYES
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Bad sleep habits are wrecking your life.

A new study out of Sweden found that people who live on louder streets were 25 percent likelier to be overweight because they slept worse, had less energy and had higher levels of the stress hormone cortisol, which can build up belly fat. And it's no shocker that getting a rough night's sleep has negative side effects that go far beyond feeling drowsy and irritable the next day.

"The research is accumulating to suggest that — across multiple domains of physical functioning and mental health functioning and in terms of our social relationships — sleep plays a critical role, and we're just starting to uncover that," says Dr. Natalie Dautovich, a National Sleep Foundation scholar.

The agency recommends adults get seven to nine hours of sleep a night. And if you're not one of them, Dautovich revealed three surprising ways that crummy sleep is hurting your waking hours.

Brain fog

Can pulling all-nighters actually make you dumb? "In terms of our brain and our cognitive functioning, we now know that sleep plays a critical role in helping to clear toxins from the brain," says Dautovich.

She's referring to an animal study that came out last year. The findings suggest that while we're sleeping, twice as many neurotoxins are cleared from the brain compared to when we're awake, and Harvard researchers found that quality and quantity of sleep have a "profound impact" on memory and learning.

"These results suggest that sleep serves a really basic function, which is housekeeping of our brain," Dautovich explains.

Worse decisions

According to Dautovich, clues are emerging about the relationship between healthy sleep and good decision-making — specifically when it comes to exercise and food choices.

"The idea is that when we are sleep-deprived, we have decreased activity in the areas of the brain that are responsible for decision-making, and we have increased activity in areas of the brain that are associated with reward," she says.

Translation? Poor sleep might make us less capable of making effective decisions. Rewards also become even more appealing.

Less sex

We all know that less sleep means less energy. But sex is more than physical, and research is now suggesting that mental grogginess is sapping your desire to get it on. Researchers at the University of Michigan found that for each additional hour of sleep, a woman is 14 percent likelier to have sex the next day. The same study also reported that women with healthy sleep habits get aroused more easily.

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With a grain of salt

A new salt labeling proposal may not solve anything — and could create new problems.

EVA KIS
@thisiskis
eva.kis@metro.us

First, the regulators came for our large sodas; now, they're back for the salt in our food. At least science was on their side the first time.

Last week, a proposal was put forward in New York City to label any dishes on major restaurant chains' menus that contain more than the recommended daily limit of salt. The average American eats an estimated 3,400 milligrams (mg) of salt per day, which the FDA would like to see come down to 2,300 mg (about a teaspoon); the American Heart Association sets its bar even lower, at 1,500 mg.

Beginning to see the problem? There's more to consider than finding the real healthy limit before making salt our new food pariah.

Questioning the guidelines

Last year, Danish scientists analyzing American diets found that too little salt can be just as harmful as too much. What's more, the FDA's recommended daily amount could be nearly doubled without risk to health. Their study linked eating more than 12,000 mg of salt daily to a higher risk of heart problems and death, with the same effect seen in those eating the least amount of salt. The scientists calculated the ideal range at between 2,645 mg and 4,945 mg per day — at the high end, that's more than twice the FDA's comparably generous recommendation. So what's the real number?

The norm is too low

In his new book, "The Gluten Lie," Alan Levinovitz highlights a nutritionist who developed Meniere's disease, the treatment for which requires reducing salt consumption. When the nutritionist started exploring her options, she realized that the AHA's guideline for salt intake was nearly the same for the average person as for someone with her condition.

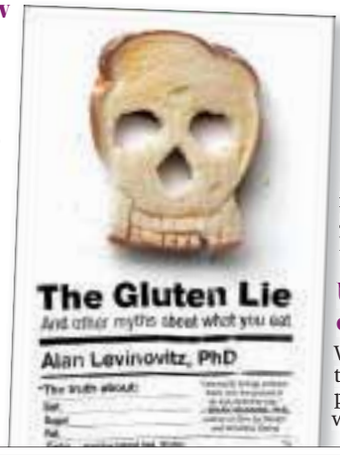
"All of those people who have genuine physical reactions to foods get confused with a much larger population who are trying to use demonized foods to exert control over their own health," says Levinovitz. "If the dietary guidelines came out, and they were honest, they would just say, 'Eat around your recommended daily allowance of calories and make it varied.'"

Why not 'just label it'

This isn't New York City's first attempt to regulate food — the Bloomberg administration tried to ban supersized soft drinks a couple years ago. That movement, Levinovitz notes, at least has some scientific evidence showing that sugar might have an effect on our bodies that goes beyond excess calories.

The evidence on calorie labeling is mixed, and demonizing salt by slapping a warning label on certain dishes could have far-ranging effects.

"In theory, labeling these dishes is not bad. But in practice, it's not just going to make people anxious about that particular dish, it's going to make them anxious about salt in general," he says.



Unexpected consequences

When fats became the enemy in the '80s, people replaced them with empty calories full of sugar. Cutting back on salt so drastically could lead to many people seeking out tastier alternatives that may be no healthier, or worse, than what we're currently eating.

Levinovitz talked with people already afraid to salt their food, struggling to serve their kids plain, boiled broccoli. But that just has the effect of teaching them (and yourself) that home-cooked meals taste terrible.

"If you want to encourage a healthy culinary culture where people eat diverse foods and home-cooked meals," says Levinovitz, "the last thing you want to do is demonize salt through forced labeling so people are scared to put it on their food at home."

Don't be shy with the salt — you're probably not overdoing it. ISTOCK

Don't ruin your appetite

"To people who suffer from dietary problems, whether they are obese and want to lose weight or they suffer from stomach issues, I would tell them as any doctor would: Stay away from the Internet. Go to a physician or registered dietitian, tell them what you want to accomplish, and they will help you achieve your goal in a responsible way," Levinovitz says. For the rest of us just trying to eat better: "Realize how incredibly liberating it is to treat food as something joyful and not as an opportunity for salvation or damnation."

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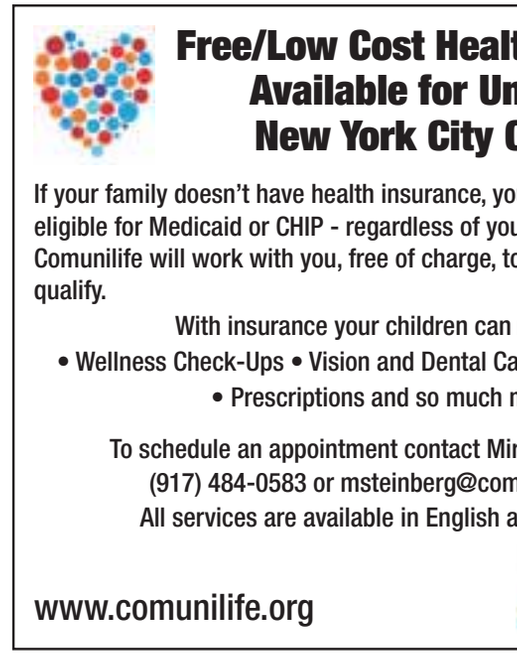
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Nuestros Niños

Horoscope

♊ Gemini | May 22-June 20
Question the motives of a smooth talker. Promises made will not be kept. See through the flattery to find out what this person wants.

♋ Cancer | June 21-July 22
Don't spread yourself too thin by taking on too much. Stick to what you know and do your best in order to outperform the competition.

♌ Leo | July 23-Aug. 22
You will be the rock that others lean on. Your sensitivity, strong character and responsibility will be a comfort to friends who are facing personal struggles.

♍ Virgo | Aug. 23-Sept. 22
Take care of business yourself. Acting alone will be more efficient in the long run than trying to ensure that others do a good job.

♎ Libra | Sept. 23-Oct. 22
If you are feeling hemmed in, break out of your pattern. Variety is the spice of life, and you will meet some interesting people if you are open to change.

♏ Scorpio |Oct. 23-Nov. 21
Accuracy is important. Keeping your personal paperwork up to date will avoid headaches down the road. Give yourself an incentive.

♐ Sagittarius | Nov. 22-Dec. 21
You are savvy. Trust your judgment and follow through with your plans. You may not be able to please everyone.

♑ Capricorn | Dec. 22-Jan. 20
Start living a healthier lifestyle. Make time for healthy eating and regular exercise. Once you begin to reap the benefits, you will realize your full potential.

♒ Aquarius | Jan. 21-Feb. 18
Spice up your life by putting the emphasis on love. Time spent with someone special will bring you both closer together.

♓ Pisces | Feb. 19-March 20
Don't let what others say get to you. Stick to your own devices. An imaginative concept can be parlayed into a side business.

♈ Aries | March 21-April 20
Increase the odds of advancement by introducing yourself to as many new people as possible. There is nothing to fear.

♉ Taurus | April 21-May 21
Don't waste time trying to convince others to help you. It's important to take care of your affairs on your own. You will discover information. EUGENIA LAST

Letter to the editor

Philae is a wonder

The use of the word "botched" in describing the European space agency's Rosetta/Philae mission is terribly misleading. Try "resilient." The original mission of Rosetta, a 2003 launch and a 2011 rendezvous with 46P/Wirtanen, was aborted following a failure of an Ariane booster rocket.

A new rendezvous target was chosen, the launch rescheduled and modifications made to Philae to compensate for the different mass of the comet. The probe was launched in March 2004, flew by Earth, made a low pass over Mars in February 2007 to correct trajectory, passed by Earth again in November and performed measurements on asteroid 2867 Steins. Nearly four years later in May 2014, Rosetta finessed her trajectory to match that of comet 67P/Churyumov-Gerasimenko. In August, Rosetta completed the rendezvous and entered orbit in September 2014. After mapping the surface, the ESA decided on a landing site, and Philae was released in November 2014. Despite a failure of its locking harpoons, Philae made a soft landing. It transmitted volumes of data over three days until its batteries went into hibernation. As Philae is solar powered, its exposure to sunlight has recharged its batteries to the point where it is sending telemetry back to the ESA via Rosetta. To travel 6.4 billion kilometers over 10 years, and still be able to rendezvous, land, transmit and recover ... that is anything but botched.
DANIEL THOMAS, LEEDS, UK

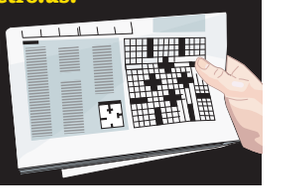
Sudoku: Easy and hard

			3	6		7	1	
		9	5			8		
2			4		9			
6			7		4			
	7	5		3		9	2	
			9		8			5
			2		5			3
		4			1	2		
	2	1		7	3			

2					5		3	8
	5	6		8			7	
1		4	3					
	3		7			2		
	6						1	
		2			3		5	
					1	7		9
	2			3		1	6	
6	1		9					3

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

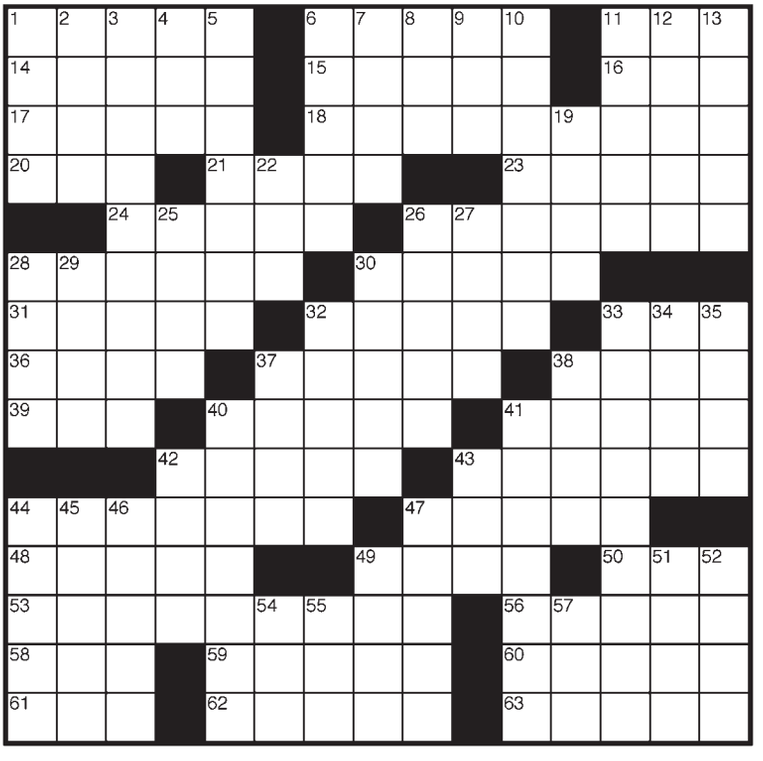
Visit us online at **Metro.us.**
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



Crossword

Across
1 Henry VII's navigator
6 Hot-tub material
11 Cuttlefish defense
14 Island greeting
15 Pop up
16 Whiskey grain
17 Singer — Judd
18 Underlying reason
20 Knightly title
21 Young fellas
23 Climber's spike
24 Desktop symbols
26 Keeps digging
28 Spa
30 Bridle parts
31 A Musketeer
32 Trouser purchases
33 Movie studio
36 Nerve
37 Sheriff's star
38 District
39 Ron who played Tarzan
40 "Hurricane" songwriter
41 The "k" in 24-k
42 Quart, plus
43 Fiesta "must"
44 Bounce back
47 Discussion group
48 Kate's sitcom friend
49 G-men
50 This — — test
53 Risky funds source (2 wds.)
56 Eye color
58 DJ's platters
59 Off-limits
60 Hunches
61 Oater answer
62 Long bout
63 Sauce with basil

Down
1 Containers
2 Jai —
3 Like an oaf
4 Unit of resistance
5 Clothes pros
6 Funny people
7 Geologic time divisions
8 Telegraph signal
9 — — live and breathe!
10 Goes back into business
11 Burnt up
12 Synthetic fabric
13 Wails
19 Puppy bites
22 Diligent insect
25 Put in the fridge
26 Vouchsafe
27 Dublin's land
28 See red
29 Term paper abbr. (2 wds.)
30 Speed-trap device
32 More washed-out
33 Gets preachy
34 Troublesome bug
35 Physics intro
37 Eight bits
38 Writer — Grey
40 Sells off
41 Close affinity
42 Cut of meat
43 Walk barefoot
44 Come from behind
45 Wed on the run
46 Hold tightly
47 Black tea
49 Kermit, e.g.
51 Musical chairs goal
52 In addition
54 "Bali —"
55 Mr. Vigoda
57 Lemony drink



Yesterday's answer

C	A	R	O	B		A	C	D	C		N	O	R	M
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P	E	T	A	L		B	O	N	E		P	L	A	N
S	M	A	L	L	S		S	T	A	R	L	I	N	G
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A	R	R	A	Y		S	H	A	R	P		Z	A	P
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F	A	A		I	N	A	N	E		P	I	N	T	A
			M	S	G		N	O	U	R	I	S	H	
		S	C	A	L	E	D		D	S	T			
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A	B	B	E		I	N	I	T		O	S	I	E	R
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Thirst for competition

NFL. Jets guard Qvale will literally brawl with his brother to win.

Brent Qvale thrives on competition. / GETTY IMAGES

A few years back, New York Jets guard Brent Qvale, then a senior in high school, was playing basketball with his big brother, who just got back from college. Brian, a center for the Montana basketball team, wanted to work on a few of his post moves and enlisted little brother to help. A few minutes later the now-Jets offensive lineman, who got significant first-team reps last week during minicamp, walked away after being cracked in the head by big brother's elbow.

"He caught it, swung his elbow and cracked me in the head and dunked it. You call that a post move?" Brent said. "That's just elbowing me and dunking it. Real nice move."

Brent's response? Shoving big brother and resuming the game.

See, there is no backing down. Not in this family.

The Qvale's had some legendary backyard sports shootouts. Brian is a professional basketball player in Europe and their father played in the NFL. With athletic genes like that, it is no wonder that Brent is challenging for a starting job on the Jets offensive line, ahead of several well-established players.

Bloody lips, black and blues and sprains were not just the norm for the Qvales kids. They were the signs of a good day for the two boys.

They grew up in Williston, North Dakota, a place known in recent years for the boom-then-bust and now maybe boom-again oil industry. The town, at one point, produced over one million barrels of oil a day but perhaps it might end up being most famous for producing two brothers who have gone on to athletic prowess.

"My brother and I had some brawls growing up. I got my best competition from him," Brent told Metro last week during minicamp. "Definitely some elbows in the face but it was good, friendly competition. I tried to keep with him, he tried to make me better. All we did was play sports together. It was some great competition between the two of us. You definitely need that here. That got instilled in me my whole life. From my dad, my brother from college now to here."

He's been getting first-team repetitions during offseason workouts at guard and tackle. The depth chart isn't out yet but it is clear that he is getting more than just a passing look from the new coaching staff.

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sports@metro.us

3 SPORTS

MLB

Harvey on the hill

Matt Harvey will look to break out of his recent funk Tuesday as the Mets host the Blue Jays. Harvey (6-4, 3.62 ERA) was roughed up in his last outing as the Giants scored seven runs on nine hits in six innings of work. The Mets (34-30) were clinging to a half game lead in the NL East over the Nationals (33-30) entering play last night. Atlanta is only 3.5 games back despite a below-.500 record.

NBA

LeBron will go down swingin'

Anyone who is a pro-Jordan person in the great LeBron James vs. Michael Jordan debate immediately goes to the train of thought that James does not have nearly the same ruthless, killer instinct that Jordan had. When it comes to a 25-year-old James, that argument is fair.

In 2010, James was accused of "quitting" by many in a 120-88 Game 5 loss to the Celtics in Cleveland. He walked through plays and didn't have nearly the same amount of intensity on defense. He shot an atrocious 3 of 14 from the floor in that one and a few weeks later he officially quit on Cleveland in favor of Miami.

Thirty-year-old LeBron is a different animal. He easily could have quit when Kevin Love went down with a season-ending injury in late April. He could have quit when Kyrie Irving went down with a season-ending injury after Game 1 of the Finals. After Sunday night's 40-point outing, in which he also had 14 rebounds and 11 assists, James now has three 40-plus point nights in this series against Golden State. It's clear by now that the Cavs are going to live or die with LeBron shooting over 30 shots from the floor per game. In Cleveland's two wins in the series, James jacked up 34 and 35 shots.

James will likely be touching the ball at the beginning and end of the majority of the Cavaliers' possessions Tuesday in Cleveland for Game 6 (9 p.m., ABC). If not, his phenomenal postseason will come to a close.

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Simple for US women: Win and advance

World Cup. The U.S. women face Nigeria tonight.

It all comes down to Tuesday's match vs. Nigeria (8 p.m., Fox for the U.S. women's national team (1-0-1) at the 2015 World Cup in Canada. While they haven't officially reached the knockout stage yet heading into their third and final group stage game, it would take a blowout loss (very unlikely) at Vancouver's BC Place to keep them out of the Round-of-16.

After Friday's frustrating scoreless draw with Sweden, it is clear that the United States has plenty of things to work on if it hopes to secure its first World Cup title since 1999 (they still have the second best odds to win behind Germany). It has been a bit of a role reversal so far in this tournament, with their defense carrying the team.

A record television audience tuned in for the U.S.-Sweden match and even though it didn't deliver much in terms of excitement, American head coach Jill Ellis seemed generally pleased.

"It was like two heavyweights going at it," the coach said. "I thought that both teams left it all on the field. In the second half, we were better: we had more possession and we'll take positive things away from this. We're still in the driver's seat (in Group D): we can still finish in first place."

After tying Sweden 3-3 in its opening match, then getting blanked 2-0 by Australia on Friday, Nigeria has no choice but to go for broke on Tuesday since it needed a win (and plenty of help) to advance. Theoretically, that should play into the United States' counterattacking hands and maybe this will get its sputtering goal-scoring untracked.

Abby Wambach surprisingly didn't start for the first time in years against Sweden, but she still had the best scoring chance for the U.S., a diving header that forced a tough stop by the Sweden goalkeeper. Once again, Alex Morgan was used as a late substitute.

American defender Meghan Klingenberg had the play of the game vs. Sweden. She's only 5-foot-2, but she managed to head out a shot that was headed for the top corner of the U.S. goal following a dangerous corner kick. Goalkeeper Hope Solo notched the shutout against Sweden, which should help her confidence.

RICH SLATE
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Goals needed

The U.S. women were held scoreless in last Friday's tie against Sweden.

- Megan Rapinoe (2) and Christen Press have scored the only U.S. goals so far in the tournament.
- In a friendly against Mexico a month ago, the U.S. women scored five goals — coming from Sydney Leroux (2), Lori Chalupny, Abby Wambach (2) and Ariana Calderon.

The United States has had a strong showing in terms of fan support at the 2015 Women's World Cup in Canada. / GETTY IMAGES

The United States defense was strong against Sweden last Friday. / GETTY IMAGES

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LEGAL NOTICES

Notice of Formation of Reiki in the City LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on April 22, 2015. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC c/o Tasia Benoit,1802 E. 51st Street, Brooklyn, NY 11234. Purpose: Any lawful activity.

Notice of Formation of LWB Hospitality Group LLC. Articles of Organization filed with the Secy. of State of NY (SSNY) on 12/09/2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Larry Weissfeld, 416 Amsterdam Ave. New York, NY 10024. Purpose: any lawful activity.

Achievement First Bushwick Middle School is accepting RFP responses for a Food Service Management Company during the 2015-16 school year. The contract runs from August 19, 2015 to June 30, 2016. The deadline for submitting the proposal is June 26, 2015 at 5PM. Bids will be publicly opened at 1300 Greene Avenue, Brooklyn, NY 11237 on June 29, 2015 at 3pm. The RFP is available by request from Alli Zimmermann at azimmermann@4thsectorsolutions.com.

NOTICE IS HEREBY GIVEN that a license, Number 1286490, for On-Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a restaurant under the Alcoholic Beverage Control Law at 3318 Ditmars Blvd., Astoria, NY 11105, for on premises consumption. Dough Joe LLC d/b/a Hinomaru Ramen

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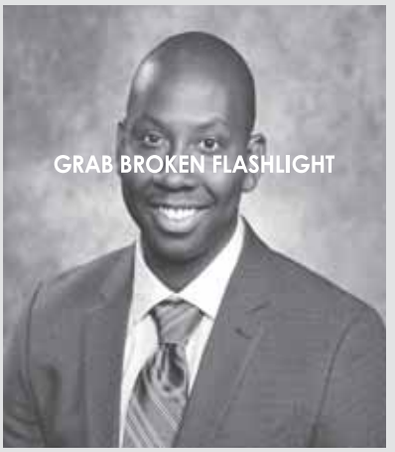

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